

Prova 21
23/03/2025 - 10:00

Masc., 400m Livres

Infantis A
Resultados

Recorde Nacional 25m Open	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	16/12/2021
Recorde Nacional 25m Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	29/03/2014

TAC-N Masc Inf A : 4:40.13

Pontos: Rudolph Table 2024

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
1.	Goncalo Zamith Passos <i>TAC Nacional</i>	M	210945	14	Clube Naval Povoense	4:34.60	4:30.03	12,4	
	50m: 30.49 30.49 100m: 1:03.49 33.00		150m: 1:37.71 34.22 200m: 2:12.53 34.82		250m: 2:47.96 35.43 300m: 3:23.73 35.77		350m: 3:56.95 33.22 400m: 4:30.03 33.08		
2.	Miguel Miranda Fernandes <i>TAC Nacional</i>	M	141320	14	Galitos / Bresimar	4:43.96	4:32.19	11,8	
	50m: 29.80 29.80 100m: 1:02.94 33.14		150m: 1:37.16 34.22 200m: 2:12.24 35.08		250m: 2:47.74 35.50 300m: 3:23.23 35.49		350m: 3:58.13 34.90 400m: 4:32.19 34.06		
3.	Diogo Corte-Real Alpoim <i>TAC Nacional</i>	M	215247	14	Viana Natacao	4:37.65	4:35.72	10,9	
	50m: 30.36 30.36 100m: 1:04.79 34.43		150m: 1:39.63 34.84 200m: 2:14.23 34.60		250m: 2:49.60 35.37 300m: 3:24.86 35.26		350m: 3:57.50 32.64 400m: 4:35.72 38.22		
4.	Hugo Ferreira Silva <i>TAC Nacional</i>	M	213944	14	Academica de Coimbra	4:40.66	4:36.63	10,7	
	50m: 31.04 31.04 100m: 1:05.65 34.61		150m: 1:40.63 34.98 200m: 2:15.80 35.17		250m: 2:51.19 35.39 300m: 3:27.17 35.98		350m: 4:02.95 35.78 400m: 4:36.63 33.68		
5.	Pedro Pereira Almeida <i>TAC Nacional</i>	M	140409	14	Colegio Efanor	4:42.14	4:37.24	10,5	
	50m: 31.06 31.06 100m: 1:04.90 33.84		150m: 1:39.48 34.58 200m: 2:14.55 35.07		250m: 2:49.73 35.18 300m: 3:25.73 36.00		350m: 4:02.07 36.34 400m: 4:37.24 35.17		
6.	Filipe Miguel Pires	M	218010	14	EMNV / Futebol Clube Vinhais	4:42.27	4:41.07	9,5	
	50m: 31.25 31.25 100m: 1:06.13 34.88		150m: 1:41.24 35.11 200m: 2:17.31 36.07		250m: 2:52.67 35.36 300m: 3:29.44 36.77		350m: 4:06.61 37.17 400m: 4:41.07 34.46		
7.	Yair Verman Halabi	M	224774	14	FC Porto	4:45.24	4:41.41	9,4	
	50m: 31.24 31.24 100m: 1:05.72 34.48		150m: 1:40.47 34.75 200m: 2:16.10 35.63		250m: 2:52.54 36.44 300m: 3:29.32 36.78		350m: 4:06.17 36.85 400m: 4:41.41 35.24		
8.	Joao Nascimento Silva	M	201825	14	FC Porto	4:48.71	4:42.18	9,2	
	50m: 33.55 33.55 100m: 1:08.80 35.25		150m: 1:44.90 36.10 200m: 2:20.18 35.28		250m: 2:55.93 35.75 300m: 3:32.01 36.08		350m: 4:07.81 35.80 400m: 4:42.18 34.37		
9.	Aron Coelho Ramos	M	211611	14	Vilacondense	4:46.06	4:45.15	8,4	
	50m: 32.64 32.64 100m: 1:06.62 33.98		150m: 1:43.60 36.98 200m: 2:20.37 36.77		250m: 2:56.14 35.77 300m: 3:33.24 37.10		350m: 4:10.13 36.89 400m: 4:45.15 35.02		
10.	Dinis Vieira Pinto	M	214170	14	Braga	4:49.42	4:45.43	8,3	
	50m: 32.47 32.47 100m: 1:07.61 35.14		150m: 1:43.67 36.06 200m: 2:20.32 36.65		250m: 2:56.86 36.54 300m: 3:33.82 36.96		350m: 4:10.63 36.81 400m: 4:45.43 34.80		
11.	Santiago Vagos Valente	M	215177	14	Galitos / Bresimar	4:42.54	4:46.71	8,0	
	50m: 30.75 30.75 100m: 1:05.31 34.56		150m: 1:41.05 35.74 200m: 2:17.70 36.65		250m: 2:54.65 36.95 300m: 3:32.08 37.43		350m: 4:08.61 36.53 400m: 4:46.71 38.10		
12.	Martim Jorge Cardoso	M	210639	14	Aquatico Pacense	4:39.06	4:48.32	7,5	
	50m: 31.82 31.82 100m: 1:05.94 34.12		150m: 1:41.05 35.11 200m: 2:17.12 36.07		250m: 2:54.29 37.17 300m: 3:32.14 37.85		350m: 4:11.03 38.89 400m: 4:48.32 37.29		
13.	Gustavo Rolim Fernandes	M	216984	14	Colegio Efanor	4:46.82	4:48.63	7,4	
	50m: 32.00 32.00 100m: 1:07.13 35.13		150m: 1:43.42 36.29 200m: 2:20.01 36.59		250m: 2:57.23 37.22 300m: 3:34.40 37.17		350m: 4:11.73 37.33 400m: 4:48.63 36.90		
14.	Vasco Alexandre Silva	M	214236	14	Nat��o Club de Fafe	4:58.06	4:49.97	7,1	
	50m: 32.62 32.62 100m: 1:08.13 35.51		150m: 1:45.50 37.37 200m: 2:21.85 36.35		250m: 2:59.03 37.18 300m: 3:36.13 37.10		350m: 4:13.71 37.58 400m: 4:49.97 36.26		
15.	Joao Augusto Costa	M	214340	14	Leix��es Sport Clube	4:52.31	4:50.40	7,0	
	50m: 32.12 32.12 100m: 1:08.59 36.47		150m: 1:45.57 36.98 200m: 2:23.68 38.11		250m: 3:00.78 37.10 300m: 3:38.22 37.44		350m: 4:15.57 37.35 400m: 4:50.40 34.83		
16.	Vasco Romero Pontes	M	208872	14	Vilacondense	5:01.57	4:50.60	6,9	
	50m: 34.89 34.89 100m: 1:12.22 37.33		150m: 1:49.75 37.53 200m: 2:27.00 37.25		250m: 3:04.71 37.71 300m: 3:42.14 37.43		350m: 4:17.48 35.34 400m: 4:50.60 33.12		
17.	Bernardo Bento Dinis	M	213215	14	Condeixa Aqua Clube	5:06.09	4:50.75	6,9	
	50m: 32.08 32.08 100m: 1:06.95 34.87		150m: 1:43.63 36.68 200m: 2:21.18 37.55		250m: 3:06.50 38.32 300m: 3:37.18 37.68		350m: 4:14.93 37.75 400m: 4:50.75 35.82		
18.	Goncalo Nunes Marques	M	214563	14	Condeixa Aqua Clube	4:55.08	4:50.76	6,9	
	50m: 32.77 32.77 100m: 1:08.97 36.20		150m: 1:45.76 36.79 200m: 2:22.78 37.02		250m: 3:06.88 37.10 300m: 3:37.05 37.17		350m: 4:14.90 37.85 400m: 4:50.76 35.86		

Prova 21, Masc., 400m Livres, Infantis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
19.	Rodrigo Cunha Mendes	M	211997	14	Lousada Sec.XXI	4:56.77	4:52.12	6,5	
	50m: 32.95 32.95		150m: 1:47.25 37.59	250m: 3:01.96 37.26		350m: 4:16.62 37.05			
	100m: 1:09.66 36.71		200m: 2:24.70 37.45	300m: 3:39.57 37.61		400m: 4:52.12 37.05			
20.	Martim Barros Pereira	M	216554	14	Escola Natacao de Braganca	4:57.16	4:53.13	6,2	
	50m: 32.10 32.10		150m: 1:46.62 37.96	250m: 3:02.78 37.50		350m: 4:18.18 37.91			
	100m: 1:08.66 36.56		200m: 2:25.28 38.66	300m: 3:40.27 37.49		400m: 4:53.13 34.95			
21.	Goncalo Paiva Cardoso	M	209269	14	Fluvial Portuense	4:54.77	4:53.27	6,2	
	50m: 32.87 32.87		150m: 1:46.93 37.32	250m: 3:02.11 37.39		350m: 4:17.14 37.14			
	100m: 1:09.61 36.74		200m: 2:24.72 37.79	300m: 3:40.00 37.89		400m: 4:53.27 36.13			
22.	Leonardo Silva Antunes	M	211981	14	Famalicao�	4:51.00	4:53.29	6,2	
	50m: 32.65 32.65		150m: 1:47.11 37.91	250m: 3:02.23 37.35		350m: 4:17.68 37.34			
	100m: 1:09.20 36.55		200m: 2:24.88 37.77	300m: 3:40.34 38.11		400m: 4:53.29 35.61			
23.	Joao Guilherme Costa	M	210247	14	FC Porto	5:05.20	4:53.30	6,2	
	50m: 33.82 33.82		150m: 1:48.49 37.92	250m: 3:02.99 37.23		350m: 4:17.38 37.17			
	100m: 1:10.57 36.75		200m: 2:25.76 37.27	300m: 3:40.21 37.22		400m: 4:53.30 35.92			
24.	Afonso Jose Miranda	M	214422	14	Louzan Natacao/EFAPEL	5:11.85	4:54.54	5,9	
	50m: 33.26 33.26		150m: 1:47.34 37.65	250m: 3:02.87 37.66		350m: 4:18.15 37.18			
	100m: 1:09.69 36.43		200m: 2:25.21 37.87	300m: 3:40.97 38.10		400m: 4:54.54 36.39			
25.	David Marques Sousa	M	209501	14	Vilacondense	4:56.52	4:54.85	5,8	
	50m: 32.81 32.81		150m: 1:47.10 37.78	250m: 3:03.06 37.74		350m: 4:19.39 38.30			
	100m: 1:09.32 36.51		200m: 2:25.32 38.22	300m: 3:41.09 38.03		400m: 4:54.85 35.46			
26.	David Pereira Marques	M	213181	14	Columbofila Cantanhedense	5:01.11	4:55.92	5,5	
	50m: 34.63 34.63		150m: 1:49.02 37.50	250m: 3:03.95 36.86		350m: 4:18.77 37.97			
	100m: 1:11.52 36.89		200m: 2:27.09 38.07	300m: 3:40.80 36.85		400m: 4:55.92 37.15			
27.	Leonardo Fonseca Ferraz	M	212171	14	Academica de Coimbra	5:08.87	4:56.13	5,4	
	50m: 32.99 32.99		150m: 1:47.46 38.13	250m: 3:03.01 38.03		350m: 4:19.74 38.24			
	100m: 1:09.33 36.34		200m: 2:24.98 37.52	300m: 3:41.50 38.49		400m: 4:56.13 36.39			
28.	Nadir Ramos Rosario	M	209295	14	Sporting Clube Sao Joao Ver	4:56.31	4:56.52	5,3	
	50m: 32.32 32.32		150m: 1:46.86 38.13	250m: 3:02.22 37.76		350m: 4:18.85 38.67			
	100m: 1:08.73 36.41		200m: 2:24.46 37.60	300m: 3:40.18 37.96		400m: 4:56.52 37.67			
29.	Afonso Saldanha Costa	M	206672	14	O Crasto	5:23.88	4:56.63	5,3	
	50m: 33.23 33.23		150m: 1:47.77 37.82	250m: 3:04.65 38.50		350m: 4:20.44 38.28			
	100m: 1:09.95 36.72		200m: 2:26.15 38.38	300m: 3:42.16 37.51		400m: 4:56.63 36.19			
30.	Vasco Costa Lapo	M	211712	14	FC Porto	5:16.16	4:58.50	4,8	
	50m: 33.06 33.06		150m: 1:49.08 39.34	250m: 3:04.64 37.89		350m: 4:21.88 38.87			
	100m: 1:09.74 36.68		200m: 2:26.75 37.67	300m: 3:43.01 38.37		400m: 4:58.50 36.62			
31.	Pedro Filipe Almeida	M	214493	14	Columbofila Cantanhedense	5:06.79	4:58.60	4,8	
	50m: 32.18 32.18		150m: 1:45.11 37.12	250m: 3:01.51 38.56		350m: 4:19.51 39.46			
	100m: 1:07.99 35.81		200m: 2:22.95 37.84	300m: 3:40.05 38.54		400m: 4:58.60 39.09			
32.	Vicente Abrantes Diogo	M	214495	14	Columbofila Cantanhedense	4:49.25	4:59.72	4,5	
	50m: 32.28 32.28		150m: 1:47.70 38.54	250m: 3:04.69 38.35		350m: 4:22.23 38.91			
	100m: 1:09.16 36.88		200m: 2:26.34 38.64	300m: 3:43.32 38.63		400m: 4:59.72 37.49			
33.	Afonso Silva Cerqueira	M	213934	14	Braga	4:44.48	4:59.93	4,4	
	50m: 33.07 33.07		150m: 1:47.21 37.53	250m: 3:03.94 38.50		350m: 4:22.02 39.17			
	100m: 1:09.68 36.61		200m: 2:25.44 38.23	300m: 3:42.85 38.91		400m: 4:59.93 37.91			
34.	Francisco Marques Pereira	M	213187	14	Columbofila Cantanhedense	5:23.68	5:01.24	4,1	
	50m: 33.50 33.50		150m: 1:48.38 37.64	250m: 3:04.95 38.25		350m: 4:24.12 39.83			
	100m: 1:10.74 37.24		200m: 2:26.70 38.32	300m: 3:44.29 39.34		400m: 5:01.24 37.12			
35.	Diogo Teixeira Lopes	M	213182	14	Columbofila Cantanhedense	5:18.72	5:01.56	4,0	
	50m: 33.64 33.64		150m: 1:49.85 38.60	250m: 3:08.17 39.20		350m: 4:24.99 37.90			
	100m: 1:11.25 37.61		200m: 2:28.97 39.12	300m: 3:47.09 38.92		400m: 5:01.56 36.57			
36.	Pedro Nuno Pinho	M	214672	14	FC Porto	5:25.17	5:01.77	3,9	
	50m: 35.19 35.19		150m: 1:51.20 37.88	250m: 3:08.63 38.88		350m: 4:24.68 38.29			
	100m: 1:13.32 38.13		200m: 2:29.75 38.55	300m: 3:46.39 37.76		400m: 5:01.77 37.09			
37.	Jose Pedro Martins	M	216356	14	Viana Natacao	5:04.09	5:02.27	3,8	
	50m: 32.66 32.66		150m: 1:47.94 38.58	250m: 3:06.06 39.34		350m: 4:23.96 39.14			
	100m: 1:09.36 36.70		200m: 2:26.72 38.78	300m: 3:44.82 38.76		400m: 5:02.27 38.31			
38.	S. Freixedelo	M	212462	14	Leix��es Sport Clube	5:16.61	5:02.55	3,7	
	50m: 30.93 30.93		150m: 1:47.72 39.99	250m: 3:07.12 39.56		350m: 4:25.79 38.60			
	100m: 1:07.73 36.80		200m: 2:27.56 39.84	300m: 3:47.19 40.07		400m: 5:02.55 36.76			
39.	Antonio Barbosa Nogueira	M	217369	14	Braga	5:02.34	5:02.66	3,7	
	50m: 33.96 33.96		150m: 1:49.40 38.17	250m: 3:07.02 39.11		350m: 4:24.73 38.86			
	100m: 1:11.23 37.27		200m: 2:27.91 38.51	300m: 3:45.87 38.85		400m: 5:02.66 37.93			
40.	Diogo Miranda Castro	M	216835	14	Escola Desportiva de Viana	5:12.52	5:03.53	3,5	
	50m: 35.18 35.18		150m: 1:53.68 39.65	250m: 3:11.41 38.44		350m: 4:26.87 36.89			
	100m: 1:14.03 38.85		200m: 2:32.97 39.29	300m: 3:49.98 38.57		400m: 5:03.53 36.66			
41.	David Silva Correia	M	214261	14	Vilacondense	4:57.63	5:03.72	3,4	
	50m: 33.30 33.30		150m: 1:48.34 37.99	250m: 3:06.76 39.30		350m: 4:25.60 39.28			
	100m: 1:10.35 37.05		200m: 2:27.46 39.12	300m: 3:46.32 39.56		400m: 5:03.72 38.12			
42.	Tiago Alexandre Carneiro	M	211711	14	FC Porto	5:12.43	5:05.19	3,0	
	50m: 33.18 33.18		150m: 1:47.95 38.25	250m: 3:06.52 39.90		350m: 4:25.99 39.69			
	100m: 1:09.70 36.52		200m: 2:26.62 38.67	300m: 3:46.30 39.78		400m: 5:05.19 39.20			

Prova 21, Masc., 400m Livres, Inf ntis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tp. Insc.	Tempo Final	Pts	Obs
43.	Tomas Oliveira Cunha	M	214371	14	Vilacondense	5:08.32	5:06.14	2,8	
	50m: 33.64	33.64	150m: 1:50.11	39.29	250m: 3:09.21	39.20	350m: 4:28.47	39.58	
	100m: 1:10.82	37.18	200m: 2:30.01	39.90	300m: 3:48.89	39.68	400m: 5:06.14	37.67	
44.	M. Goncalves	M	215700	14	Sporting Club Caminhense	5:05.06	5:07.26	2,5	
	50m: 33.65	33.65	150m: 1:49.04	38.47	250m: 3:06.73	38.93	350m: 4:26.13	39.98	
	100m: 1:10.57	36.92	200m: 2:27.80	38.76	300m: 3:46.15	39.42	400m: 5:07.26	41.13	
45.	Miguel Marques Jesus	M	140391	14	Galitos / Bresimar	5:19.04	5:08.18	2,2	
	50m: 33.56	33.56	150m: 1:51.25	39.23	250m: 3:11.17	39.85	350m: 4:30.77	39.08	
	100m: 1:12.02	38.46	200m: 2:31.32	40.07	300m: 3:51.69	40.52	400m: 5:08.18	37.41	
46.	Pietro Cavati Toledo	M	214674	14	Fluvial Portuense	5:39.59	5:08.68	2,1	
	50m: 33.49	33.49	150m: 1:51.20	39.40	250m: 3:11.00	40.06	350m: 4:32.39	40.86	
	100m: 1:11.80	38.31	200m: 2:30.94	39.74	300m: 3:51.53	40.53	400m: 5:08.68	36.29	
47.	Danylo Lew Deyneka	M	219869	14	Natacao de Valongo	5:05.54	5:09.73	1,8	
	50m: 35.06	35.06	150m: 1:52.84	39.54	250m: 3:12.15	39.29	350m: 4:31.77	39.82	
	100m: 1:13.30	38.24	200m: 2:32.86	40.02	300m: 3:51.95	39.80	400m: 5:09.73	37.96	
48.	Joao Paulo Ferreira	M	214827	14	Estamos Juntos	5:11.83	5:10.01	1,7	
	50m: 33.69	33.69	150m: 1:49.73	38.44	250m: 3:09.46	39.78	350m: 4:30.50	40.61	
	100m: 1:11.29	37.60	200m: 2:29.68	39.95	300m: 3:49.89	40.43	400m: 5:10.01	39.51	
49.	Martim Oliveira Dias	M	214577	14	N�utico Acad�mico de Coimbra	5:36.51	5:18.90		
	50m: 35.03	35.03	150m: 1:54.40	40.34	250m: 3:16.44	41.08	350m: 4:38.40	41.15	
	100m: 1:14.06	39.03	200m: 2:35.36	40.96	300m: 3:57.25	40.81	400m: 5:18.90	40.50	
50.	Joao Daniel Ferreira	M	214369	14	Vilacondense	5:18.42	5:24.77		
	50m: 34.56	34.56	150m: 1:54.77	40.90	250m: 3:20.89	42.98	350m: 4:45.97	42.41	
	100m: 1:13.87	39.31	200m: 2:37.91	43.14	300m: 4:03.56	42.67	400m: 5:24.77	38.80	